

# DINNERLY



## June Slow Cooker Special!

### Pot-Roast Chicken Marylands with Root Veggies



50 minutes



2 Servings

Warm up this winter with our special recipes made for your slow cooker! You can also make this recipe in your oven using an ovenproof dish with a lid. For our June Slow Cooker Special, this comforting pot-roast chicken delivers on all fronts. Beat the chill and treat your tastebuds all at once with succulent chicken and earthy root veggies.



## WHAT WE SEND

- 1 potato
- 1 carrot
- 1 celery stalk
- 20g country seasoning<sup>17</sup>
- 2 free-range chicken marylands

## WHAT YOU NEED

- 2 garlic cloves
- 500ml (2 cups) boiling water
- 2 tbs olive oil

## TOOLS

- 3.5L electric slow cooker or medium flameproof casserole dish with lid
- medium frypan (if using the slow cooker)

Our veggies come straight from the farm, so please wash them before cooking.

## COOKING TIP

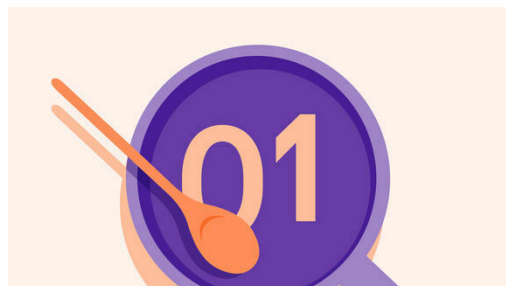
The prep and cook time listed above is for the casserole dish method. If using the slow cooker, the prep and cook time is around 8½ hrs.

## ALLERGENS

Sulphites (17). May contain traces of other allergens.

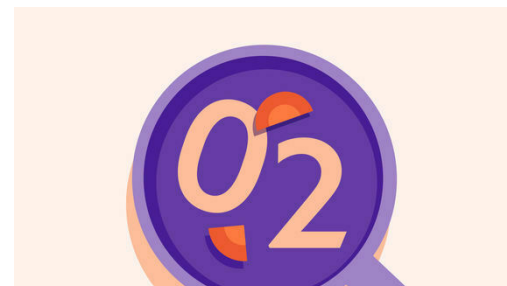
## NUTRITION PER SERVING

Energy 1020kcal, Fat 72.5g, Carbs 26.4g, Proteins 63.2g



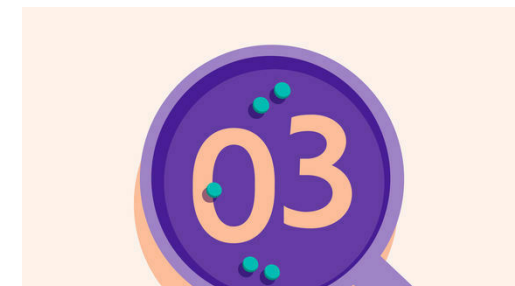
### 1. Prep ingredients

Get out your slow cooker, or if you don't have one, preheat the oven to 220C. Cut the unpeeled **potato** into 4cm chunks. Cut the unpeeled **carrot** into 1.5cm-thick slices. Cut the **celery** into 7cm lengths. Peel **2 garlic cloves**, keeping them whole. Put **1 tbs country seasoning** in a heatproof jug, add **500ml (2 cups) boiling water** and stir to dissolve.



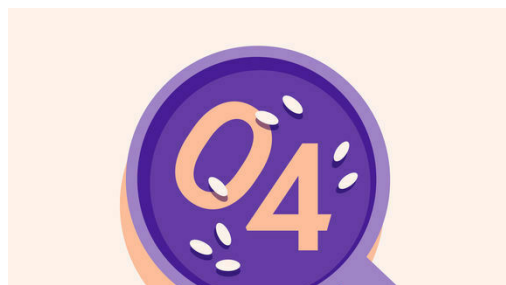
### 2. Brown chicken

Combine the **remaining country seasoning** and **2 tbs olive oil** in a large shallow dish. Add the **chicken**, season with **salt and pepper** and turn to coat. Heat a medium frypan (if using a slow cooker) or a medium flameproof casserole dish over medium-high heat. Cook the chicken, turning occasionally, for 5 mins or until browned.



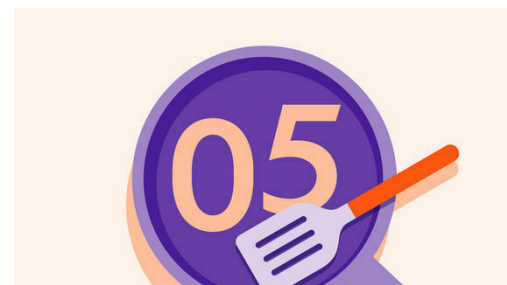
### 3. Slow cooker method

If using the slow cooker, add the **chicken and pan juices, potato, carrot, celery, garlic cloves** and **stock** to the slow cooker bowl (see Kitchen 101). Cover and cook on low for 8 hours.



### 4. Casserole dish method

If using the casserole dish, add the **potato, carrot, celery, garlic cloves** and **stock** to the chicken and bring to the boil. Transfer the dish to the oven and bake, covered, for 20 mins or until the veggies are almost tender and the chicken is cooked through. Remove the lid and bake for a further 10 mins or until the meat starts to fall away from the bones.



### 5. Serve up

For both versions, taste, then season with **salt and pepper**. Divide the **chicken** and **veggies** among plates or pop the dish on the table and let everyone help themselves. Enjoy!



### 6. Kitchen 101

Make sure the chicken and veggies are covered in the stock or they won't cook properly. If necessary, push them down in the cooker so they are submerged in the liquid.